Elliptical Edge™

OWNER'S MANUAL

STAR BY UNISEN, INC.
TRAC
going the extra mile.

WARNING

Your Star Trac Elliptical Edge is designed for aerobic exercise in a gymnasium or health club environment.

Consult your physician prior to beginning any exercise program. Discuss with your physician any health problems or health concerns prior to the use of any exercise equipment and/or fitness program.

Stop your workout immediately if you feel dizzy, faint or exhausted, or if you become in any way disoriented.

Read this entire manual prior to using the Elliptical Edge.

ATTENTION

Cet équipement a été conçu pour un entraînement aérobique en gymnase ou centre de conditionnement physique.

Passez un examen médical avant de commencer toute activité physique nouvelle. Discutez avec votre médecin de tout problème de santé ou inquiétude, et ce que vous utilisiez ou non un appareil de mise en forme.

Interrompez immédiatement tout exercice en cas de vertige, d'étourdissement, d'extrême fatigue ou si vous vous sentez désorienté.

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INTRODUCTION

Thank you for choosing the Star Trac Elliptical Edge™—the world's most innovative elliptical trainer. With the longest stride in the industry, the Elliptical Edge provides the most natural and full-range of motion for non-impact running, jogging and walking. Through this revolutionary design, you can recruit a full variety of muscle groups, whether in forward or reverse motion, for a challenging and rewarding workout.

ABOUT THIS MANUAL

This manual is divided into the following sections:

- **Safety Instructions**
  Includes guidelines (in English and French) for safely operating the Elliptical Edge.
- **Assembly and Setup**
  Provides instructions for unpacking, assembling and setting up your Elliptical Edge.
- **Operating Instructions**
  Includes a detailed description of the Sport Utility Display and step-by-step instructions for operating your Elliptical Edge.
- **Personal Training Studio**
  Enables you to set up and administer personal trainer PIN codes, which can be used to design and save custom elliptical cross-training programs.
- **Preventative Maintenance**
  Describes the preventative maintenance measures required to keep the Elliptical Edge in top condition.
- **Display Settings**
  Provides step-by-step instructions for changing universal parameters on the Elliptical Edge.
- **Troubleshooting**
  Describes the start-up and shutdown messages provided as a result of the self-test routine.
- **Regulatory Information**
  Provides regulatory information for the Elliptical Edge.

CAUTION: Read this owner's manual completely before operating the Elliptical Edge.

CAUTION: Moving parts. Do not drop or insert any object, hands or feet into any openings or moving parts of the equipment.

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SAFETY INSTRUCTIONS

This chapter includes fitness safeguards and precautions for the installation and use of the Elliptical Edge. Please read this chapter carefully before installing or using your equipment.

PRECAUTIONS

Fitness Safeguards

- Consult your physician prior to beginning any exercise program. Discuss with your physician any health problems or health concerns prior to the use of any exercise equipment and/or fitness program.
- Stop your workout immediately if you feel dizzy, faint or exhausted, or if you become in any way disoriented.
- Read this entire manual prior to using the Elliptical Edge.
- As in the operation of any exercise equipment, concentrate on your activity; do not become distracted or inattentive. Do not operate the equipment if you are taking any medication that may cause drowsiness, disorientation, or inattentiveness.
- As in the operation of any exercise equipment, if you are physically disabled or are recovering from a physical injury, do not operate the equipment without specific authorization and supervision from your physician.

Cautions for Installation of the Elliptical Edge

- Read all assembly instructions carefully prior to setting up and installing the Elliptical Edge. Consult your authorized local distributor or Star Trac Product Support if you have any questions.
- Use the proper tools, as identified in the assembly instructions, to assemble the product.
- Install the Elliptical Edge on a stable, level surface.
- Adjust the leveling feet to ensure that the Elliptical Edge does not rock on the installed surface.
- Leave ample space around the entire unit to enable proper mount and dismount.
- Do not modify any part of the product or substitute any part that is not OEM Star Trac approved.
- Do not install any accessory on the product that is not approved by Star Trac.

- When using the optional AC adapter, arrange the extra cord to prevent tripping and foot entanglement.
- Ensure that the surface surrounding the Elliptical Edge is clean and dry—allowing for safe mount and dismount.
- Do not lift the rear of the Elliptical Edge machine more than three (3) feet off the ground when rolling the unit on the front wheels.
- Prevent back injury by exercising proper lifting techniques when lifting the rear of the machine to relocate the unit.

Cautions for Use of the Elliptical Edge

- Do not use the Elliptical Edge if you weigh more than 350 lbs.
- Always grasp the handrails prior to accelerating or decelerating, or mounting or dismounting the equipment.
- Always wear proper exercise footwear.
- Never attempt to abruptly stop the footpads or remove your feet from the footpads while they are in motion.
- Do not sit on any part of the Elliptical Edge.
- Do not step on any part of the Elliptical Edge, except the footpads.
- Do not drop or insert any object, hands or feet into any openings or moving parts of the equipment.
- Never allow children to operate the Elliptical Edge. The mechanism and ergonomics are designed and intended for adult use only.
- Do not allow children or pets near the Elliptical Edge while it is in use.
- Perform preventative maintenance according to the guidelines in this manual to assure optimum performance of the Elliptical Edge.
- Regularly clean the handrails, footpads and other surfaces on the Elliptical Edge to maintain a sanitary workout environment and promote optimum performance.

MESURES DE PRÉCAUTION

Mises en garde

- Passez un examen médical avant de commencer toute activité physique nouvelle. Discutez avec votre médecin de tout problème de santé ou inquiétude, et ce que vous utilisiez ou non un appareil de mise en forme.
- Interrompez immédiatement tout exercice en cas de vertige, d'étourdissement, d'extrême fatigue ou si vous vous sentez désorienté.
- Lisez le mode d'emploi complet avant d'utiliser l'appareil.
- Comme pour tout appareil, concentrez-vous sur vos mouvements. Ne vous laissez pas distraire. N'utilisez pas cet appareil si vous suivez un traitement médical risquant de vous rendre somnolant, désorienté ou inattentif.
- De même, n'utilisez pas cet appareil sans l'accord formel et la surveillance de votre médecin si vous souffrez d'un handicap physique ou si vous vous remettez d'un traumatisme corporel.

Précautions d'installation

- Lisez attentivement le mode d'installation complet avant de monter l'appareil. Adressez-vous à votre revendeur ou au service à la clientèle Star Trac pour toute question.
- Utilisez les outils indiqués dans le mode d'installation pour monter l'appareil.
- Installez l'appareil sur une surface plane et stable.
- Réglez les pattes de mise à niveau pour empêcher l'appareil de basculer.
- Prévoyez un dégagement suffisant autour de l'appareil pour pouvoir monter dessus et en descendre facilement.
- Ne tentez pas de modifier l'appareil ou d'y ajouter des pièces non homologuées OEM Star Trac.
- N'installez aucun accessoire sur l'appareil qui ne soit pas homologué par Star Trac.
- Si vous utilisez l'adaptateur C.A. en option, veillez à ne pas vous prendre les pieds dans le cordon électrique.
- Gardez le sol sec et propre pour monter sur l'appareil et en descendre en toute sécurité.
- Ne soulevez pas l'arrière de l'appareil de plus de 90 cm du sol lorsque vous le faites rouler sur ses roues avant.
- Faites preuve de précaution en soulevant et déplaçant l'appareil afin d'éviter toute lésion lombaire.

Précautions d'utilisation

- Non conçu pour les personnes de plus de 160 kg.
- Tenez-vous toujours au guidon avant d'accélérer ou ralentir votre rythme et avant de monter sur l'appareil ou d'en descendre.
- Portez toujours de bonnes chaussures de sport.
- N'essayez jamais d'arrêter subitement les pédales ou de retirer vos pieds quand celles-ci sont en mouvement.
- Ne vous asseyez sur aucune partie de l'appareil.
- Ne posez les pieds sur aucune partie de l'appareil à part les pédales.
- Ne lâchez ou n'insérez aucun objet et ne glissez ni les mains ni les pieds dans aucune partie creuse ou pièce en mouvement de l'appareil.
- Ne laissez jamais un enfant utiliser l'appareil. Son mécanisme et sa conception ont été étudiés et conçus uniquement pour des adultes.
- Gardez les enfants et les animaux domestiques à l'écart de l'appareil pendant son utilisation.
- Entretenez l'appareil selon son mode d'emploi pour assurer une performance optimale.
- Nettoyez régulièrement le guidon, les pédales et autres surfaces de l'appareil afin de pouvoir vous entraîner dans des conditions hygiéniques.

ASSEMBLY AND SETUP

Upon delivery to you, your Star Trac Elliptical Edge will require some assembly. Detailed instructions for unpacking and setting up your new unit are provided in this chapter.

UNPACKING

1. Remove all parts from the crate.
2. Verify that the following parts have been included in your shipment:

DESCRIPTION	QUANTITY
Base Frame Assembly	1
MCB Cover	1
Neck Assembly	1
3/8" x 1" Bolt	3
3/8" Lock Washer	3
#10 x 7/8" Phillips Screw	3

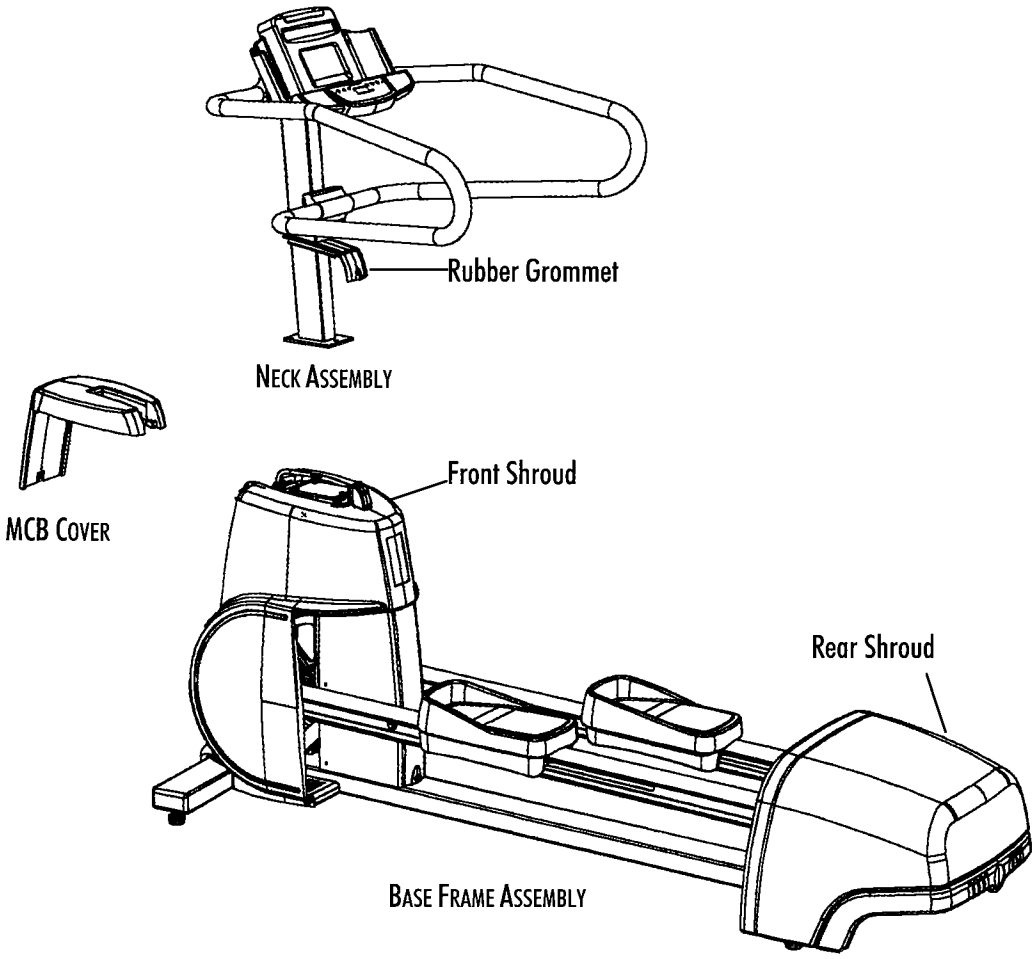
   A diagram identifying each part is provided on the following page.

3. Immediately report any missing components to Star Trac Product Support at (800) 503-1221 or (714) 669-1660. Please be ready to provide both the serial number and model number of your Star Trac Elliptical Edge.

INSTALLATION REQUIREMENTS

To assemble your Elliptical Edge cross-trainer, you will need the following tools:

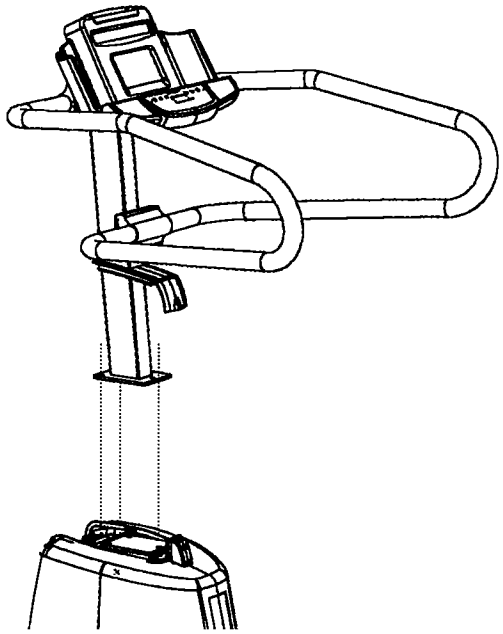
- Phillips Screwdriver
- 9/16" (Socket) Wrench


Rubber Grommet
NECK ASSEMBLY
MCB COVER
Front Shroud
Rear Shroud
BASE FRAME ASSEMBLY

ASSEMBLY

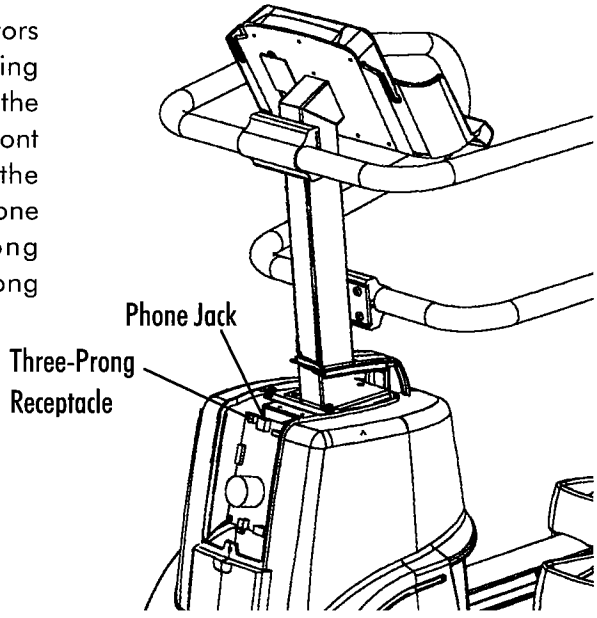
Step 1: Mounting the Neck Assembly

Mount the Neck Assembly to the Base Frame using the three 3/8" bolts and lock washers provided with your unit. Pull the cables hanging from inside the Neck Assembly through the hole on the front of the Front Shroud.



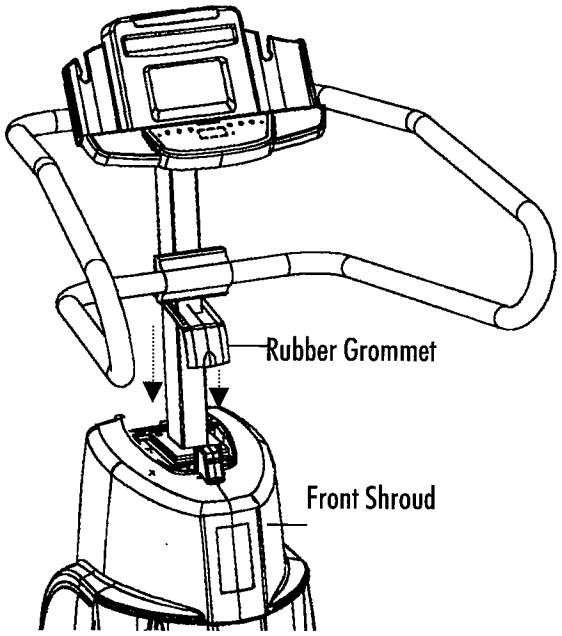
Step 2: Connecting the Cables

Plug the two electrical connectors attached to the cables hanging from the Neck Assembly into the printed circuit board on the front of the Front Shroud. Plug the phone connector into the phone jack and the three-prong connector into the three-prong receptacle.



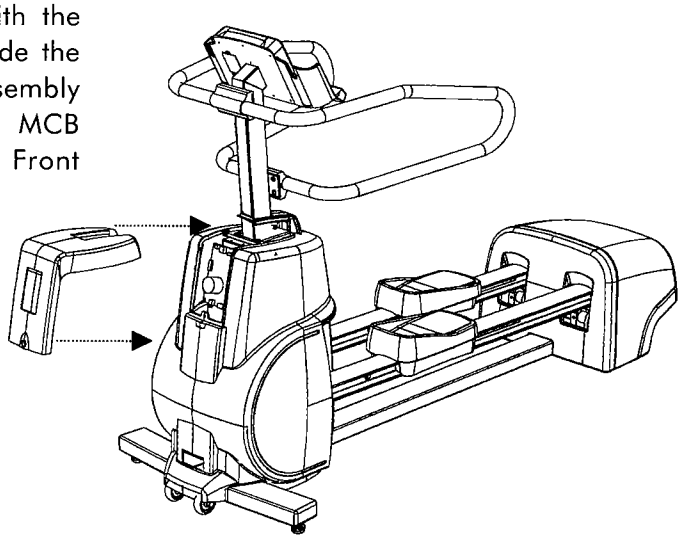
Step 3: Sliding the Rubber Grommet

Slide the Rubber Grommet down the Neck Assembly toward, but not all the way to, the Front Shroud.



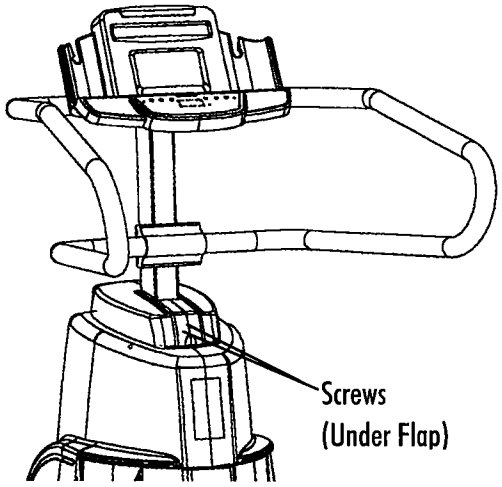
Step 4: Installing the MCB Cover

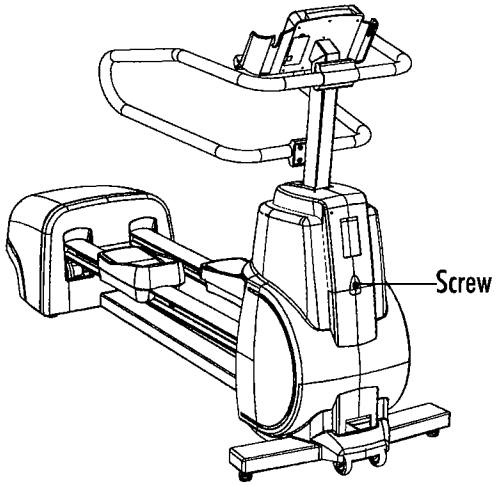
Slide the MCB Cover onto the Rubber Grommet until the MCB Cover is fully engaged with the Rubber Grommet. Then slide the MCB Cover/Grommet assembly down the Neck until the MCB Cover rests against the Front Shroud.



Step 5: Attaching the MCB Cover

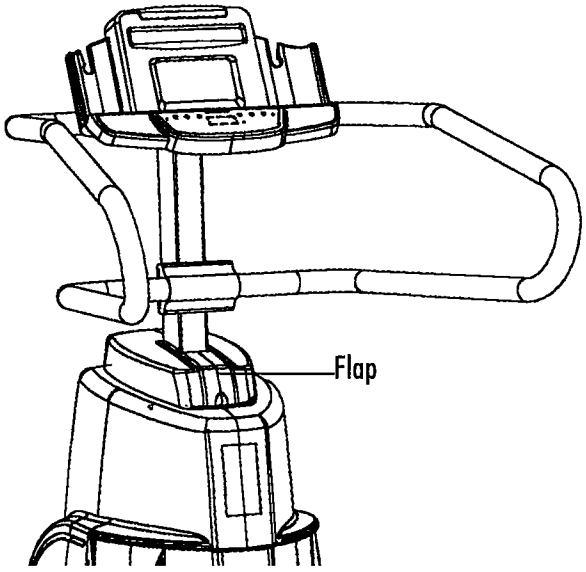
Attach the MCB Cover to the Front Shroud using the three #10 Phillips screws provided with your unit. (You must lift the flap on the Rubber Grommet to install two of the screws.)





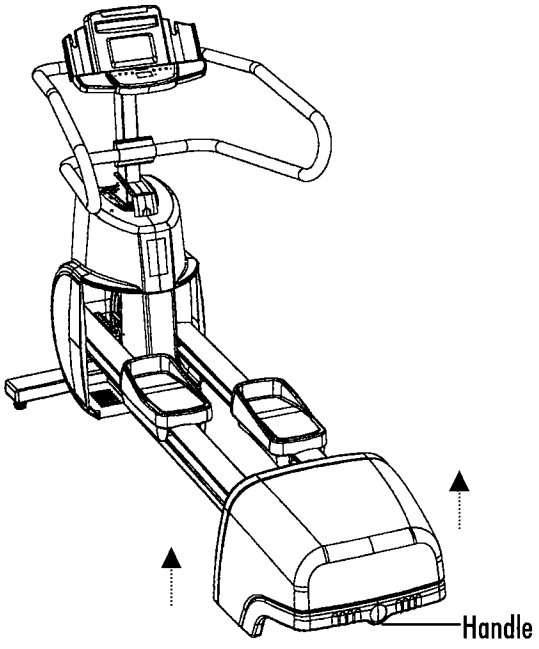
Step 6: Securing the Flap

Secure the flap of the Rubber Grommet to the Front Shroud by pushing the rubber locator tabs into the holes.



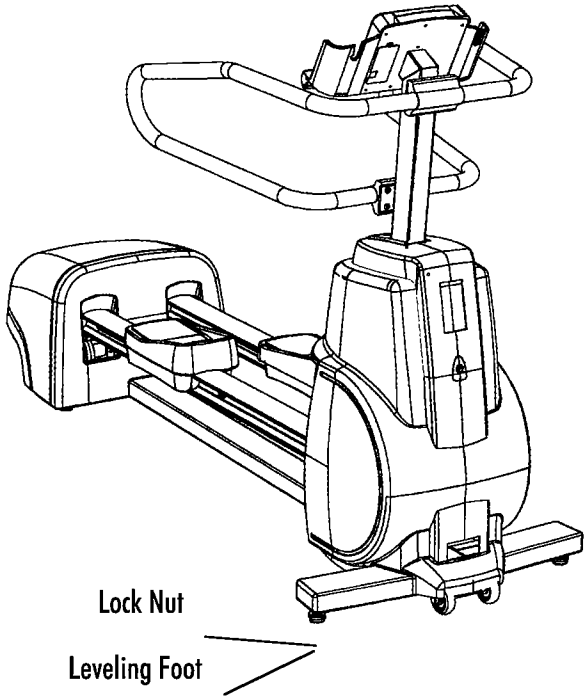
Step 7: Moving the Unit

Use the Handle provided on the Rear Shroud to move the assembled Elliptical Edge unit into its final location.



Step 8: Leveling the Unit

If necessary, level your Elliptical Edge using the two adjustable feet on the base of the unit. Use a wrench to unlock the lock nuts, rotate the leveler screws, as needed, and retighten the lock nuts against the frame.



You have now completed the assembly of your Star Trac Elliptical Edge!

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4

OPERATING INSTRUCTIONS

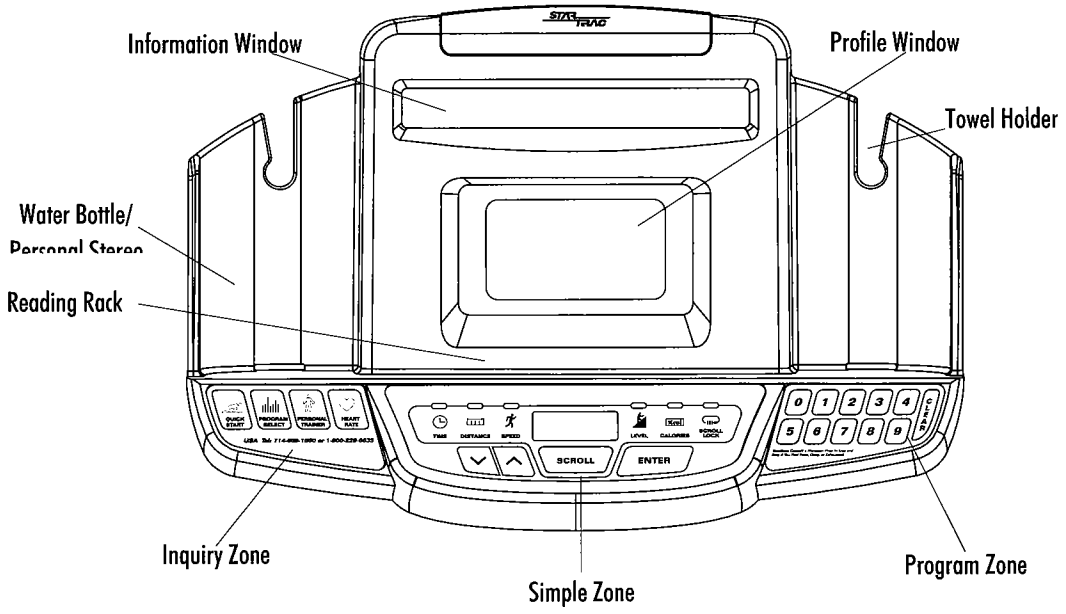
The Star Trac Elliptical Edge is equipped with an easy-to-use sport utility display. The display features:

- International symbols to ensure easy operation
- One-button start and change of resistance
- Fluorescent graphical digital display that provides instant feedback in large, easy-to-read letters
- Integrated holders for a water bottle, personal stereo, reading materials and a towel.

This chapter describes the display in detail and provides step-by-step instructions for operating your Elliptical Edge.

SPORT UTILITY DISPLAY

The Sport Utility Display of your Star Trac Elliptical Edge is used to operate the unit and includes an integrated reading rack, water bottle holder, personal stereo holder and towel holder to accommodate all of your needs. Each of the components of the display are shown below and described in detail in this section.



IMPORTANT: The Elliptical Edge is self-powered (unless you have selected the auxiliary battery pack option); to operate the equipment, you simply begin striding. The display is automatically powered while you are striding. To program your workout, it is important that you continue striding.

Information Window

The Information Window provides two types of information: prompts that are used when using a pre-set program or programming the equipment, and statistics that will scroll through the Information Window during your workout. These statistics include:

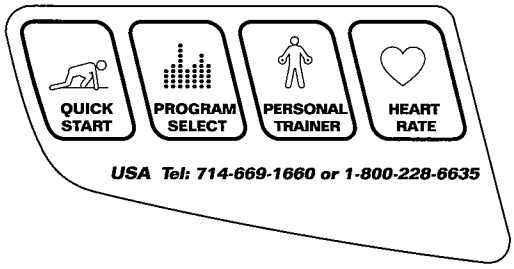
STATISTIC	DESCRIPTION
MPH/KPH	Miles or kilometers per hour of your current stride.
METS	Accumulated intensity of your workout (measured in METs).
Cal/Hr	Calories you are burning per hour.
Cal/Min	Calories you are burning per minute.
Watts	Accumulated power you have expended.
xx/xx remaining	Time remaining, shown in minutes and seconds (mm/ss). (Only shown if you selected a time goal.)
x miles to go	Miles remaining. (Only shown if you selected a distance goal.)
x km to go	Kilometers remaining. (Only shown if you selected a distance goal.)
x cals to go	Calories remaining. (Only shown if you selected a calories goal.)

Profile Window

The Profile Window displays the workout course you have selected. A flashing lamp in the window indicates your location on the workout course.

Inquiry Zone

The Inquiry Zone (shown below) comprises four keys that enable you to select the program you will use for your workout. A description of each key immediately follows the illustration.



Quick Start
With a single keystroke, enables you to begin your workout without selecting a preset program. When using Quick Start, you can change the level of your workout at any time.

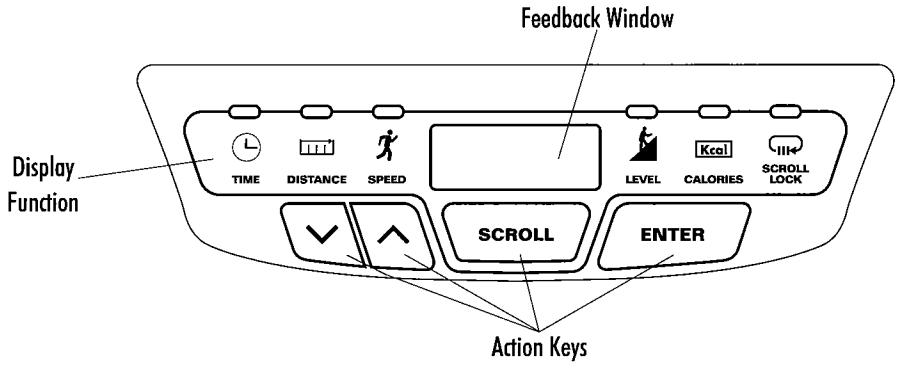
Program Select
Scrolls through eight preset programs and enables you to quickly choose the workout best suited for you. For each program, you enter your target goal, level and weight; resulting in a completely customized workout.

Personal Trainer
Places you in the Personal Trainer Studio where you can create and run customized training programs. Personal Training Studio is designed for use by personal trainers and requires a PIN code for access.

Heart Rate
Displays your current heart rate when you are wearing a Polar Heart Rate Monitor.

Simple Zone

The Simple Zone (shown below) includes a display function and four action keys.



The action keys let you change, enter and view programming information. Instructions for using the action keys (which are described in the following section) are provided later in this section.

Up and Down Arrow
You will use these keys to increase or decrease the level of your workout, or to change numeric entries made from the keypad.

Enter
You will use this key to select programs and to enter information required for your workout or for specific features.

Scroll
You will use this key to scroll through the information provided in the Feedback Window and to exit from the Display Settings mode.

The display function lets you view information about your workout in the Feedback Window. You can use the SCROLL key to select the type of information (time, distance, speed, level or calories) you wish to view. Or you can lock the scroll so that all the information is shown on the display.

To Change the Information Provided in the Feedback Window

1. Press the SCROLL key until the lamp above the desired icon is lit. If you wish to view all the information, press the SCROLL key until the lamp above the SCROLL LOCK icon is lit. Following is a description of each icon.

TIME

Time
Indicates the elapsed time in minutes and seconds (mm:ss) of your workout.

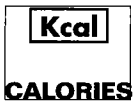
DISTANCE

Distance
Indicates the elapsed distance, in either miles or kilometers, of your workout.

SPEED

Speed
Indicates the speed (miles per hour or kilometers per hour) at which you are currently striding.

Level
Indicates the current level of resistance (L=XX) for your workout.

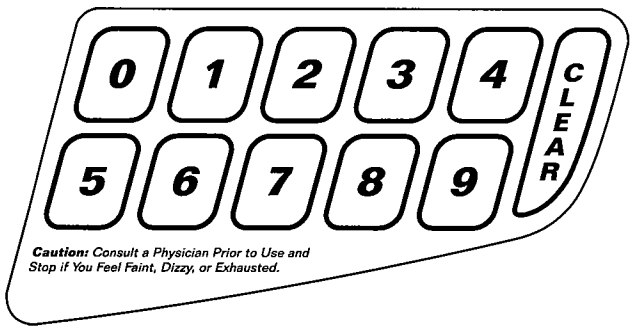


Calories
Indicates the accumulated number of calories you have burned during your workout.

Scroll Lock
Places the Feedback Window into auto-scroll mode in which all of the information will be shown in sequence.

Program Zone

The Program Zone (shown below) is used to input data required for using programs and system set-up. This zone includes a ten-digit keypad (digits 0-9) and a CLEAR key that is used to clear an entry that has not been entered with the ENTER key.



GETTING STARTED

All you need to do to start your workout is to begin striding. The console will light up and you will be placed in Quick Start mode. During your workout, you can press a digit key or the keys to change the level of your workout.

As an option to Quick Start, the Elliptical Edge provides several preset programs that have been designed for optimal interval cross-training. You can choose from any of the following preset programs:

- **Manual**
  This program, which is similar to Quick Start, lets you enter a goal, level and weight for a more customized workout.
- **Forest Walk**
  Similar to a brisk walk through a forest, this program offers a relatively easy workout that gradually increases your heart rate.
- **Trailblazer**
  Offering a moderate workout, this program takes you up and down two hills with a brief rest in between.
- **Alpine Pass**
  By offering a series of steep hills and valleys, this program provides a rigorous workout for the serious user.
- **Mystery Hike**
  By choosing from over 250 different hill and valley configurations, this program lets you add variety to your workout. Not only do you not know which course will be selected, the course won't be shown in the Profile Window—adding to the mystery of the workout.
- **Fat Burner**
  Using a quick series of peaks and valleys, this program offers a rewarding workout that is optimized for burning calories.
- **Custom Interval**
  You can design a custom workout with up to five intervals, each of a different length and duration.
- **_ Mile Track**
  By letting you take the course as quickly or slowly as you want, this workout accommodates both the serious and recreational user.

Using a Preset Program (Except Custom Interval)

With the exception of the Custom Interval program, you will use the same procedure to use any of the preset programs. Because the Custom Interval program lets you customize the workout, additional steps are required.

For all of the programs, you can select your goal from three options: time (duration in minutes), distance (miles or kilometers) or calories.

1. Start striding and do not stop until your workout is finished.
2. Press the PROGRAM SELECT key to scroll to the program you wish to use.
3. Press ENTER to select the program.
4. Press the appropriate digit to select a goal:
   1 = Time, 2 = Distance, 3 = Calories.
5. Use the keypad or ⌄⌃ keys to enter the appropriate information when prompted. The required information varies according to the goal you entered, as shown in the following table:

	TIME GOAL	DISTANCE GOAL	CALORIES GOAL
1st Prompt	Minutes	Miles/Kilometers	Calories
2nd Prompt	Weight	Weight	Weight
3rd Prompt	Level	Level	Level

6. After each entry, press ENTER to enter the information and continue. After you have entered the level, your workout will begin.

Using the Custom Interval Program

1. Start striding and do not stop until your workout is finished.
2. Press the PROGRAM SELECT key to scroll to the Custom Interval program.
3. Press ENTER to select the program.
4. Press the appropriate digit to select a goal:
   1 = Time, 2 = Distance, 3 = Calories.
5. Use the keypad or ⌄⌃ keys to enter the appropriate information when prompted. The required information varies according to the goal you entered, as shown in the following table:

	TIME GOAL	DISTANCE GOAL	CALORIES GOAL
1st Prompt	Minutes	Miles/Kilometers	Calories
2nd Prompt	Weight	Weight	Weight

As a default, the system divides your workout into five equal segments. For each segment, you must enter the level and duration (in minutes). For any segment, if you enter a value for time, distance or calorie (depending on your goal) that is greater or less than the default value, the number of segments will be increased or decreased accordingly. For instance, if you have a 20-minute goal, and enter eight minutes each for the first two segments and four minutes for the third segment, you will not be offered any additional segments.

6. Enter the level for the first segment.
7. Press ENTER to set the level.
8. Enter the duration, in minutes, for the segment.
9. Press ENTER to set the duration.
10. Repeat steps 6 through 9 for each of the remaining segments.

HEART RATE MONITORING

The Dynamic Heart Rate Contol™ feature lets you monitor your heart rate throughout your workout. To use this program, you must wear a Polar Heart Rate Monitor. (You can deactivate this feature for all users by changing the Heart Rate parameter in the Display Settings.)

Viewing Your Heart Rate

1. Put on your Polar Heart Rate Monitor.
2. Start striding.
3. Press the HEART RATE key anytime during your workout. Your heart rate will appear in the Information Window.

Viewing the Personal Trainer PIN Codes

1. While striding, press the PERSONAL TRAINER key.
2. Enter the Personal Trainer Master PIN code.
3. Press ENTER to enter the PIN code.
4. Press 3 to view all the PIN codes.
5. Press the ⌄ ⌃ keys to scroll through the list of PIN codes.
6. Press ENTER to return to the Personal Training Studio administration menu.
7. Press ENTER to exit the Personal Training Studio.

USING THE PERSONAL TRAINING STUDIO

Once you have assigned a Personal Trainer PIN code, a trainer can use it to create/edit, delete or run up to five customized cross-training programs.

Creating/Editing a Personal Trainer Program

1. While striding, press the PERSONAL TRAINER key.
2. Enter the Personal Trainer PIN code.
3. Press ENTER to enter the PIN code.
4. Press 2 to edit a program.
5. Press the ⌄ ⌃ keys to scroll to the program you wish to create/edit. The program number will be shown in the Information Window and the profile will be shown in the Profile Window.
6. Press ENTER to select the program.
7. Press the ⌄ ⌃ keys to select an incline level for the first segment.
8. Press SCROLL to advance to the next segment.
9. Continue with steps 7 and 8 until you have set an incline level for each of the 20 segments.
10. Press ENTER to save the program and exit to the Personal Training Studio main menu.
11. Press ENTER to exit the Personal Training Studio.

PERSONAL TRAINING STUDIO™

Star Trac's unique Personal Training Studio lets up to 50 personal trainers design and save five custom elliptical cross-training programs. This is especially beneficial to fitness professionals who want to create and store their own sport-specific exercise programs, such as skiing and climbing, or more results-oriented programs, like weight management. Personal Training Studio lets trainers:

- Customize their client workouts
- Make their clients accountable for performing the recommended amount and intensity of cardio exercise
- Provide feedback to users to enable them to accurately assess their cardio program.

Using the Personal Trainer Master PIN number, you can assign up to 50 PIN numbers, each of which can customize up to five elliptical cross–training programs. You also can use the Personal Trainer Master PIN code to delete a PIN code and view the list of all assigned PIN codes.

ASSIGNING PERSONAL TRAINER PIN CODES

You can use the Personal Trainer Master PIN code to assign up to 50 four-digit PIN codes. You can delete a PIN code at any time or scroll through the list of PIN codes. The default Master PIN code is 4321; you can change this code using the Display Settings.

Adding and Deleting a Personal Trainer PIN Code

1. While striding, press the PERSONAL TRAINER key.
2. Enter the Personal Trainer Master PIN code.
3. Press ENTER to enter the PIN code.
4. Press 1 to add a PIN code.

   or

   Press 2 to delete a PIN code.
5. Enter the four-digit PIN code to be added or deleted.
6. Press ENTER to enter the PIN code.
7. Repeat steps 4, 5 and 6 for each PIN code you wish to add or delete.
8. Press ENTER to exit the Personal Training Studio.

Deleting a Personal Trainer Program

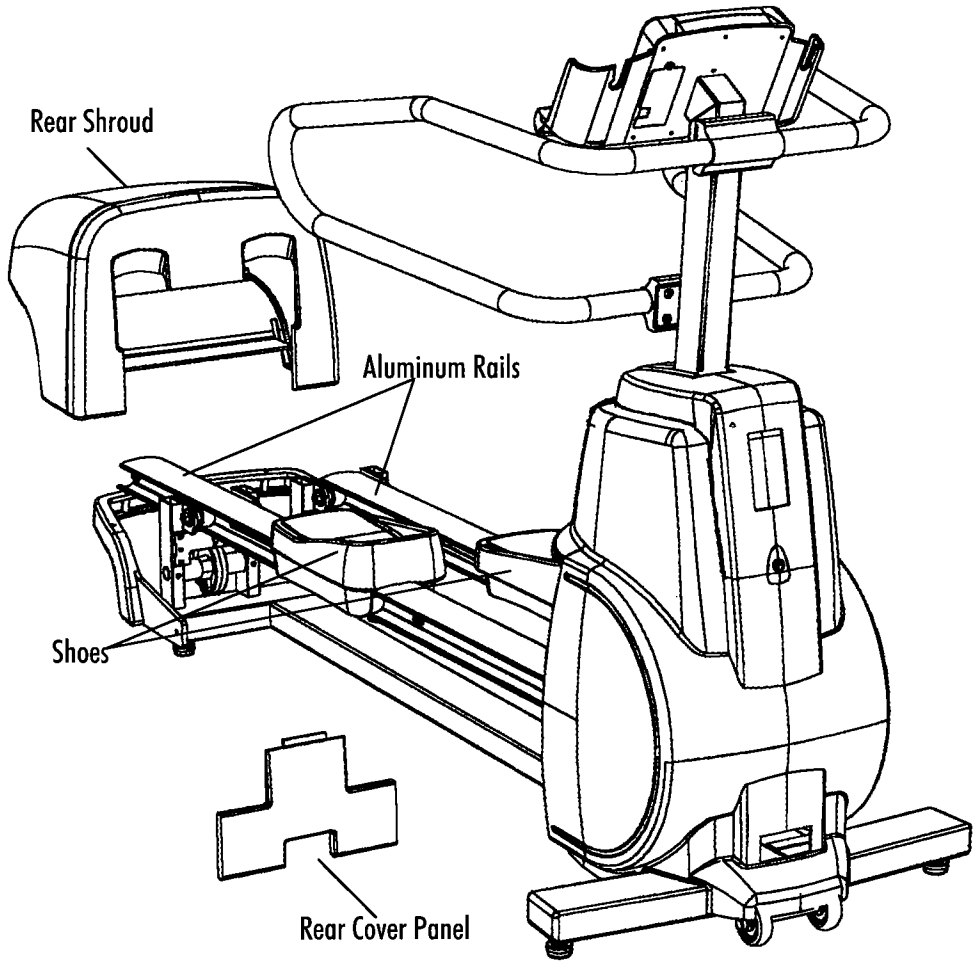
1. While striding, press the PERSONAL TRAINER key.
2. Enter the Personal Trainer PIN code.
3. Press ENTER to enter the PIN code.
4. Press 3 to delete a program.
5. Press the ⌄ ⌃ keys to scroll to the program you wish to delete. The program number will be shown in the Information Window and the profile will be shown in the Profile Window.
6. Press ENTER to select and delete the program.
7. Press ENTER to return to the Personal Training Studio main menu.
8. Press ENTER to exit the Personal Training Studio.

Running a Personal Trainer Program

1. While striding, press the PERSONAL TRAINER key.
2. Enter the Personal Trainer PIN code.
3. Press ENTER to enter the PIN code.
4. Press 1 to run a program.
5. Press the ⌄ ⌃ keys to scroll to the program you wish to run. The program number will be shown in the Information Window and the profile will be shown in the Profile Window.
6. Press ENTER to select the program.
7. Press the appropriate digit to select a goal:
   1 = Time, 2 = Distance, 3 = Calories.
8. Use the keypad or ⌄ ⌃ keys to enter the appropriate information when prompted. The required information varies according to the goal you entered, as shown in the following table:

	TIME GOAL	DISTANCE GOAL	CALORIES GOAL
1st Prompt	Minutes	Miles/Kilometers	Calories
2nd Prompt	Weight	Weight	Weight
3rd Prompt	Level	Level	Level

9. After each entry, press ENTER to enter the information and continue.
10. Press the ⌄ ⌃ keys or a digit on the keypad during your workout to select a new level.


Rear Shroud
Aluminum Rails
Shoes
Rear Cover Panel

PREVENTATIVE MAINTENANCE

With durable, high performance components, the Elliptical Edge is designed for heavy usage and minimal maintenance. To keep your Elliptical Edge in top condition, Star Trac strongly recommends that you perform daily and weekly maintenance routines, and periodically check the tension of the stride belts and adjust it as needed.

Any unusual symptoms, such as a loud, continuous noise, should be reported immediately to Star Trac Product Support at (800) 503-1221 or (714) 669-1660.

DAILY MAINTENANCE

Remove dust, dirt and other substances from the Elliptical Edge using a clean, soft cloth and a liquid, non-abrasive cleaner. Wipe the inside of the aluminum rails, and the exterior of the display board, handrails, shroud and heart rate grips (if in use).

WEEKLY MAINTENANCE

Each week, perform the following activities:

- Vacuum the floor under and around the Elliptical Edge. Ensure that the Elliptical Edge is at its maximum elevation or moved to another location.
- Inspect the display and handrail screws to ensure the screws are not loose. Retighten if necessary.
- Inspect the Sport Utility Display panel for wear.

ADJUSTMENT

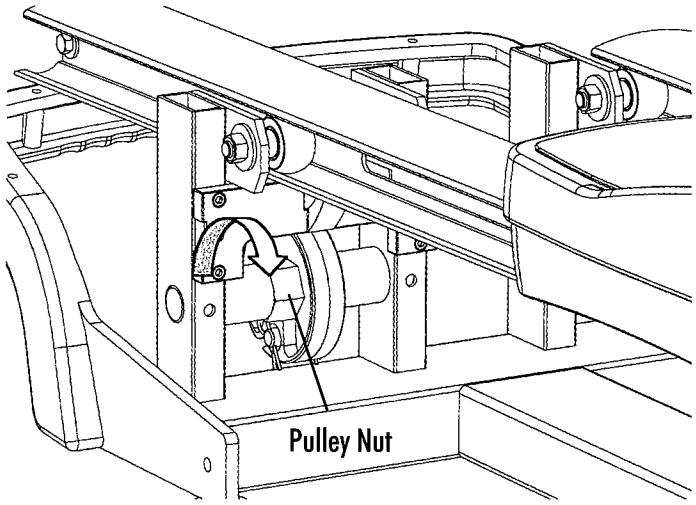
You should periodically check the tension of the stride belts located within the aluminum rails. The procedure you use to check the tension of the stride belts, described below, does not require that you touch or have access to the stride belts. However, if you determine that the tension needs to be adjusted, you must follow the procedure described on the next page to adjust the belt pulley.

Checking the Tension of the Stride Belt

1. Hold the aluminum rail so that it does not move.
2. Attempt to move the shoe forward and backward along the rail. If the shoe moves in either direction, the tension of the stride belt must be adjusted. If the shoe does not move, the tension does not need to be adjusted.
3. Repeat this procedure for each shoe.

Adjusting the Tension of the Stride Belt

1. Remove the four Phillips screws that mount the Rear Cover Filler Panel to the Rear Shroud.
2. Remove the Rear Cover Filler Panel.
3. Use a 1_" crescent wrench to turn the Pulley Nut clockwise, as needed. This will tighten the tension of the stride belt.



4. Replace the Rear Cover Filler Panel.
5. Mount the Rear Cover Filler Panel to the Rear Shroud using the four Phillips screws.

DISPLAY SETTINGS

The Display Settings mode allows you to view and customize several universal settings for the Elliptical Edge. The values set for the Display Settings parameters apply to all users.

DISPLAY SETTING PARAMETERS

The following parameters can be customized to suit your specific needs. Upon delivery, the settings are set to the default values shown.

PARAMETER	DESCRIPTION	DEFAULT VALUE
Maximum Work Time	Sets the maximum workout time, in minutes. The selection can be between 1 and 99 minutes.	60 minutes
Heart Rate	Activates and deactivates the Polar Heart Rate function.	Activated
Units	Sets the units to English units or Metric units. If English is selected, distance will be shown in miles (displayed in tenths of a mile), speed in miles per hour, and weight in pounds. If Metric is selected, distance will be shown in kilometers (displayed in tenths of a kilometer), speed in kilometers per hour, and weight in kilograms.	English (units)
Default Weight	Sets the weight that will be displayed as the default when users use a preset program. This number is provided as a default only; users will be prompted to enter their weight (which is used for calculating total calories burned).	155 lbs. (if English units are selected) 70 Kg (if Metric units are selected)

ENTERING DISPLAY SETTINGS MODE

1. While striding, press the ENTER key, digit 0 key and digit 1 key simultaneously. You must perform this step within 12 seconds after the display is active. Otherwise, you must stop striding, wait for the equipment to shut down, then begin again.
2. When you hear a beep and see "Display Settings" in the Information Window, the Display Settings mode is active.

VIEWING AND CHANGING DISPLAY SETTINGS

1. While in Display Settings mode, press the SCROLL key to scroll through the display setting parameters and to select the parameter you wish to view or change. For each parameter, the current setting will be displayed in the Information Window.
2. Press the keys to scroll through the possible values for the parameter and to set the new value.
3. Press the SCROLL key to save the new setting for the parameter and to advance to the next parameter.
4. Press the ENTER key to exit Display Settings mode and return to the standard operating mode

TROUBLESHOOTING

The Elliptical Edge performs a self-test at the beginning of every workout. If a problem is detected, a message will be displayed before or after the workout (depending on the type of problem).

START-UP SERVICE MESSAGES

The following messages are displayed at the beginning of a workout:

MESSAGE	DESCRIPTION
Key Down	One or more keys on the keypad is stuck in an "on" mode, requiring maintenance service. Call Star Trac Product Support for assistance.
Call for Repair	A failure has occurred in an electronic component. Call Star Trac Product Support for assistance.

SHUTDOWN SERVICE MESSAGE

The following message is displayed for two to three seconds at the end of a workout.

MESSAGE	DESCRIPTION
Time for Service	Periodic maintenance is required. Call StarTrac Product Support for assistance.

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REGULATORY INFORMATION

This chapter provides regulatory information pertaining to the Elliptical Edge.

FCC AND OTHER DOMESTIC REGULATIONS

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC rules. Under the FCC guidelines, operation is subject to the following two guidelines: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The Star Trac Elliptical Edge generates and uses radio frequency energy. If the product is not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC Class B limit is to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- Reorient or relocate the Elliptical Edge.
- Reorient or relocate the receiving antennae for your television, radio, or VCR.
- Connect the unit to a different power outlet if you are using the AC adapter option.
- Consult Star Trac Product Support, your authorized dealer, or a qualified radio/television technician for help.

This product also has been tested to meet the following standards:

- UL 1647 (Massage and Exercise Machine Standard, Applicable Sections)

CANADIAN DOC AND OTHER REGULATIONS

This Class B digital apparatus meets all requirements of the Canadian Interference Causing Equipment Regulations.

This product has been tested to meet: CSA 22.2 No. 68, Applicable Sections.

Cet appareil numerique de la classe B respecte toutes les exigences du Reglement sur le material brouilleur du Canada.

Cet appareil a été testé pour être conforme à la norme CSA 22.2 No 68 (articles applicables).

EUROPEAN APPLICATIONS

This product conforms to the requirements of the European Council Directives:

- 89/336/EEC, Electromagnetic Compatibility
- 92/590/EEC, General Product Safety Directive
- 73/23/EEC, Electrical Equipment Low Voltage Safety Directive

Under the directives, the product was tested to the following standards:

EN 55014-2 (1997)	
EN 6100-4-2	ESD
EN 6100-4-4	Electrical Fast Transients
EN 6100-4-5 (1995)	High Energy Surge
EN 6100-4-11 (1995)	Voltage Dips and Interruptions
EN V 50204	Conducted Immunity
EN 6100-4-3 (1995)	Radiated Immunity
EN 55014-1 (1997)	Disturbance Power, Conducted Emissions
EN 50081-1 (1992)	Conducted & Radiated Emissions
EN 6100-3-2 (1995)	Harmonic Current Emissions
EN 6100-3-3 (1995)	Flicker and Voltage Fluctuation
EN 957-1	Safety of Machinery

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